



FOOD AND
NUTRITION
SERVICES

Foods High in Fiber

The American Dietetic Association recommends that dietary fiber for adults should range from 20-30 grams per day. When fiber is added to the diet, it should be done gradually and fluid intake should be increased as well. Large amounts of fiber in the diet may cause side effects such as bloating, cramping, nausea, vomiting and diarrhea. For a low fiber diet, eat less than 15 grams of fiber per day.

FRUITS: This list shows the kinds and amounts of fruits to use for providing 2 grams of fiber.

| | | | |
|----------------------|----------|-------------------|---------------|
| Apple | 1 small | Melon: | |
| Applesauce | ½ cup | Cantaloupe | ¼ small |
| Apricots, fresh | 2 medium | Honeydew | 1/8 medium |
| Apricots, dried | 4 halves | Watermelon | 1 cup |
| Banana | ½ small | Nectarine | 1 small |
| Berries: | | Orange | 1 small |
| Blackberries | ½ cup | Papaya | ¾ cup |
| Blueberries | ½ cup | Peach | 1 medium |
| Raspberries | ½ cup | Pear | 1 small |
| Strawberries | ¾ cup | Persimmon, native | 1 medium |
| Cherries | 10 large | Pineapple | ½ cup |
| Dates | 2 | Plums | 2 medium |
| Figs, fresh or dried | 1 | Prunes | 2 medium |
| Grapefruit | ½ | Raisins | 2 tablespoons |
| Grapes | 12 large | Tangerine | 1 medium |
| Mango | ½ small | | |

VEGETABLES: This list shows the kinds of vegetables to use to provide 2 grams of Fiber. Serving size is ½ cup.

| | | | |
|-----------------|--------------------|-----------------|------------------------------|
| Asparagus | Celery | Mushrooms | Summer squash |
| Bean sprouts | Eggplant | Okra | Tomatoes |
| Beets | Green Pepper | Onions | Turnips |
| Broccoli | Greens: | Rhubarb | Zucchini |
| Brussel sprouts | Beet, Chard | Rutabaga | Lettuce (2 cups) |
| Cabbage | Collards, Kale | Sauerkraut | Radishes (9) |
| Carrots | Dandelion, Mustard | String beans: | Cucumber (1/2) |
| Cauliflower | Spinach, Turnip | Yellow or Green | Endive, escarole (2 cups) |

STARCHES: The following starches provide 2 grams of fiber per serving.

| | |
|-----------------|-----------|
| Green peas | ½ cup |
| Winter squash | 2/3 cup |
| Corn | 1/3 cup |
| Sweet potato | ¼ cup |
| Corn flakes | ¾ cup |
| Pasta | ½ cup |
| Brown rice | ½ cup |
| Graham crackers | 2 squares |
| Rye wafers | 3 |
| White beans | ½ cup |
| Kidney beans | ½ cup |

The following starches provide 2.5 grams of fiber per serving:

| | |
|-------------------|------------------|
| Whole wheat bread | 1 slice |
| Corn bread | 2x2x1 inch piece |
| Corn muffin | 1 |
| Rye bread | 1 slice |
| Oatmeal | ½ cup |

The following starches provide 3.0 grams of fiber per serving:

| | |
|----------------|-----------|
| Parsnips | 2/3 cup |
| Wheat flakes | ¾ cup |
| Shredded wheat | 1 biscuit |
| Popped corn | 3 cups |

The following starches provide 4.0 grams of fiber per serving:

| | |
|-------------|---------|
| Grapenuts | ¼ cup |
| Lima beans | ½ cup |
| Lentils | ½ cup |
| Pinto beans | ½ cup |
| Oat bran | 1/3 cup |

The following starches provide more the 4.5 grams of fiber per serving:

| | |
|-------------|-----------------------|
| Bran buds | ¼ cup (5 grams fiber) |
| All bran | ¼ cup (6 grams fiber) |
| Rolled oats | ½ cup (5 grams fiber) |
| Pettijohn | ½ cup (5 grams fiber) |
| Ralston | ½ cup (5 grams fiber) |

For More Information:

- Contact a registered dietitian or call Sparrow Hospital's Food and Nutrition Department at (517) 364-2456.
- Contact the American Dietetic Association Consumer Nutrition Hot Line at (800) 366-1655 or on the World Wide Web at <http://www.eatright.org>.
- Check out our website at <http://www.sparrow.org/appetite>